

March 2025

### Easter Bank Holiday Closures

The surgery will be closed on Good Friday 18<sup>th</sup> April 2025 and Easter Monday 21<sup>st</sup> April 2025

*Happy Easter*

### Bank Holiday Prescription Ordering

To avoid running low on your medication, it is important that you remember to order your prescription in plenty of time. Normal processing takes 72 hours, so give yourself an extra day.

### Important dates in March

**Ovarian cancer** awareness month  
March 1<sup>st</sup> to March 31<sup>st</sup> 2025

**International Women's Day**  
8<sup>th</sup> March 2025,  
for more information go to  
**#AccelerateAction**

**National No Smoking Day**  
12<sup>th</sup> March 2025

**Download the free NHS  
Quit Smoking app**

**World Down Syndrome day**  
21<sup>st</sup> March 2025

**Email: [Info @downs-syndrome.org.uk](mailto:info@downs-syndrome.org.uk)**

### Prescription Prepayment Certificates Could save you money (PPC)

**3-month PPC - £32.05** - if you require more than 3 items in 3 months

**12-month PPC £114.50** – if you require more than 11 items in 12 months

**HRT- annual PPC £19.80** – if you require more than 2 HRT items in 12 months



### **January :-**

We received **5,568** calls into the practice, and we handled 94.16%  
We received 102 call back requests and we returned 102 calls

### **February:**

We received **5,005** calls into the practice, and we handled 95%  
We received 52 call back requests and We returned 52 calls.



The Practice will be closed for Staff Training one afternoon per month from 1pm.

**The Next closure will be  
Thursday 27<sup>th</sup> March 2025**

Should you require a Doctor during this time, please telephone the surgery number and your call will be dealt with by the Out of Hours Service.

## Noravirus (Vomiting Bug)

Noravirus, also called the winter vomiting bug, is a stomach bug that causes vomiting and diarrhoea, temperature, body aches & pains. It can be very unpleasant and usually lasts about 2 days. If you think you have any of these symptoms:-

**Do:** Stay at home and get plenty of rest  
Drink lots of fluids, such as water or squash  
Eat when you feel able to – avoid fatty or spicy foods  
Take **paracetamol** if you are in discomfort

**Do not:** Drink fizzy drinks or fruit juice  
Do not give children under 12 years of age, medicine to stop diarrhoea  
Do not give **asprin** to children under 16 years of age

### Tips on how to prevent the spread of Norovirus:

Wash your hands with soap & water after going to the toilet  
Wash your hands with soap & water before preparing or serving food  
Wash clothes and bedding on a 60 degree wash  
Clean toilet seats, flush handles, taps and handles  
Avoid contact with others as much as possible

## Did you know .....

We have a Paediatric GP, Dr Heather Downing, who has joined the Patterdale Group Practice Team. Dr Downing can see Children and Young Adults from Birth to 16yrs who may have complex needs such as:

- Genetic Disorders
- Growth disorders or neurodevelopment delays
- Cardiovascular conditions
- Asthma and gastrointestinal issues
- ADHD and behavioural concerns
- Complex pre-term infants
- Sleep problems
- Eczema

- **Are you in constant pain**
- **Having trouble with your balance**
- **Not moving as easily as you used to**
- **Urinating uncontrollably**

***If you have any of these problems, give us a call and we can book you in with one of our Musculoskeletal Specialists for an assessment ..... do not suffer in silence***